



**GIISHKAANDAGO'IKWE**  
— HEALTH SERVICES —

# NEWSLETTER

SEPTEMBER 2023



## IN THIS ISSUE:

Description	Page	Description	Page
<b>OUR VISION &amp; MISSION/OUR VALUES</b>		<b>EMPLOYEE HIGHLIGHTS</b>	
Mino Ayawin - Good Health	<b>02</b>	Get to know the people who work for Giishkaandago'ikwe Health Services.	<b>09</b>
<b>INDIGENOUS MIDWIFERY PROGRAM</b>		<b>MENTAL HEALTH &amp; WITHDRAWAL MANAGEMENT SERVICES</b>	<b>11</b>
Spotlight on Elaine Ross. Information about midwifery through birth, honouring language, cultural and traditions.	<b>03</b>	Services offered and contact information.	
<b>IN MEMORIAM</b>		<b>BEHAVIOURAL HEALTH SERVICES</b>	<b>12</b>
Memorial page for Josephine Potson Ogimaa bina siwa biik.	<b>05</b>	Full Moon and Women's Sweat Lodge Ceremonies. Ninth Moon of Creation.	
<b>KIDS IN THE KITCHEN</b>		<b>CULTURAL CORNER</b>	<b>13</b>
Hosted by Seine River. Kids learning healthy recipes for their families and the community.	<b>06</b>	Learning the days of the week and months of the year. Colouring pages.	
<b>HIV/AIDS AWARENESS AND TESTING</b>		<b>BOOK OF THE MONTH</b>	<b>16</b>
Summary of what HIV and AIDS facts to understand the disease and the point of screening.	<b>07</b>	Orange Shirt Day: September 30 Phyllis Webstad & the Orange Shirt Society	
<b>HEAD LICE</b>		<b>IMPORTANT DATES &amp; UPCOMING EVENTS</b>	<b>17</b>
What head lice is, how it is spread and how to take preventative measures.	<b>08</b>	Events happening in the community this month.	



GIISHKAANDAGO'IKWE  
— HEALTH SERVICES —

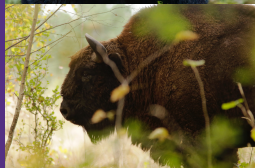
# NEWSLETTER



## *Our Vision & Mission:*

Mino Ayawin -  
Good Health

We are a centre of excellence and a leader in innovative health care guided by the seven Grandfather teachings of the Anishinaabe inspiring knowledge, strength and empowerment for the purpose of lifelong Mino ayawin (good health).



## OUR VALUES

### DIBWEWIN (TRUTH)

Quality assurance - Self reflection

### NIBWAAKAAWIN (WISDOM)

By providing innovative practice in wholistic health care

### DABASENDIZIWIN (HUMILITY)

Honour individual belief and customs of stakeholders / consumers and communities

### ZOONGIDE'EWIN (BRAVERY)

Integrity, Fearlessness, and strength in leadership

### MANAAJI'IDIWIN (RESPECT)

Honour individual belief and customs of stakeholders, consumers and communities

### ZAAGI'IDIWIN (LOVE)

Compassion; Empathy; understanding Anishinaabe history

### GIWEKWAADIZIWIN (HONESTY)

Accountability and responsibility

### BOONENDAMOWIN (FORGIVENESS)

It is better to forgive and move forward



# NEWS & HIGHLIGHTS

SEPT 2023

## Maternal Child Health Services Update Indigenous Midwifery

As you know, in 2022-2023 Giishkaandago'lkwe Health Services underwent a trial restructuring to develop a sustainable Maternal Child Health Department. Under this new branch, we saw the Child's First Initiative, Children's Oral Health Initiative, the implementation of the Indigenous Midwifery Program, oversight of the Indigenous Healing and Wellness Strategy - Indigenous Healthy Babies Health Children flow through, and the Canada Prenatal Nutrition Program merge under one branch of the organization.

A foundational component of Maternal Child Health Services will be the Indigenous Midwifery Program currently under development. As such, Giishkaandago'lkwe Health Services is pleased to share Elaine Ross, Anishinaabe Elder Midwife, will be now be providing contracted Midwifery services to Anishinaabe families and communities in Southern Treaty #3. Maternal Child Health Services strives to realize coordinated delivery of quality and equitable supports for children and families from preconception to parenting and child development that are rooted in Anishinaabe culture. The addition of these services will be vital in realizing this goal.

Enclosed in this update is an initial Services Overview as well as a Provider Bio that can be shared as you see fit. As we continue with program development, further information will be shared.

For questions, referrals or requests for service, Elaine can be contacted directly. Please note that services may be limited as we assess demand and capacity.

Elaine Ross Elder Midwife  
807-276-3666  
sagepwr@hotmail.com



# Indigenous Midwifery Program

*Indigenous Midwifery care supports Anishinaabe families through all aspects of birth, honouring language, culture and traditions*

Holistic family support throughout pregnancy and postpartum, including but not limited to:

- Prenatal and postpartum visits, family visits, labour assessments and stimulation, assisted births, postpartum checks and newborn assessments, breast feeding assistance, well-baby visits and referrals
- Ceremony and Rites of Passage
- Traditional Medicine
- Group Community Based education such as Prenatal and Family Parenting, and Traditional Family Sessions such as Tiikinagan, moss bag, Traditional Roles, etc.



## ELAINE ROSS

ANISHINAABE'KWE  
ELDER MIDWIFE  
NOOTINAY AZSHIK  
ATIK DODEM  
NORTHWEST ANGLE #33

*Now providing contracted Midwifery supports to families in Southern Treaty Three*



**GIISHKAANDAGO'IKWE**

HEALTH SERVICES

PLEASE CONTACT ELAINE  
FOR QUESTIONS, REFERRALS  
OR REQUESTS FOR SERVICE:

CELL: (807) 276-3666

EMAIL:

SAGEPWR@HOTMAIL.COM





**GIISHKAANDAGO'IKWE**  
HEALTH SERVICES

# Indigenous Midwifery Program



**ELAINE ROSS**

**ANISHINAABE'KWE | ELDER MIDWIFE  
NOOTINAY AZSHIK | ATIK DODEM  
NORTHWEST ANGLE #33**

Elaine is passionate about providing Traditional birthing care to communities in our territory and in the spring of 2023 was recognized and formally acknowledged by Grand Council Treaty #3 as an Anishinaabe Traditional Midwife.

A mother to two daughters and extremely proud kokum of her two grandsons, Elaine's interest in medicine and anatomy started in her early years. She found her path always taking her to

places where she could learn from the trees, the plants, the animals and where she could connect to the people who had knowledge of their medicines. She acknowledges many mentors from Turtle Island when she shares teachings and is well known in Treaty #3 (and afar) for her travelling apothecary of teas and teachings of medicines that Mother Earth gifts us.

Eventually, her path crossed with a group of birth workers from Minnesota which then led her to enroll in to the Matrona Holistic Midwifery Program. A hybrid program led by a team of midwives with decades of experience and formal training includes all components of midwifery clinical care from an Indigenous worldview. Visiting Minnesota on weekends and studying endless hours while still working, Elaine continued to build her birthing bundle. Despite the impacts of the Pandemic on travel, Elaine forged ahead and graduated from the program in the Fall 2023.

A member of the Ontario Association of Midwives, Elaine is insured as an Indigenous Midwife with the Healthcare Insurance Reciprocal of Canada. She also hold training in Indigenous Breastfeeding support and is in mentorship training under Indigenous Midwives across North America. She has shared her bundle through support in a "doula" capacity for many families in the territory and supported her first birth alongside Dr. Jenks at LaVerendrye Hospital in Fort Frances 2022.

Along with her work with Giishkaandago'ikwe Health Services Indigenous Midwifery Program, Elaine supports the Birth Work Partnership between Onigaming and Big Grassy First Nations. As she grows her practice, Elaine will continue to work closely with our Elders for spiritual guidance and teachings, providing Anishinaabe midwifery care for the southern Treaty #3 and strong community based culturally rooting care for Anishinaabe families.

**QUESTIONS, REFERRALS OR REQUESTS FOR SERVICE:  
CELL: (807)276-3666 | EMAIL: SAGEPWR@HOTMAIL.COM**



Truth  
DIBWEWIN



In loving memory of  
*Ojimaabina siwa biik*  
*Josephine Potson*

Atik odoodeman  
Chima'aganing  
First Nation onjii

Elder Josephine Potson began her journey to the spirit world on July 27, 2023. Josephine represented Chima'aganing First Nation on the Elders Advisory Council for Giiskaandago'lkwe Health Services. Josephine provided guidance through her traditional teachings to our employees and clients whenever asked. Her teachings and her words were always filled with love and laughter. Josephine shared stories of personal growth and forgiveness with everyone around her forever inspiring us to continue to do good things in life with a kind heart and to always help each other. We will miss her knowledge, her kindness, her humour and especially her laughter in our communities and within our organization.

Chi-Miigwech Josephine  
January 18, 1952 - July 27, 2023







# NEWS & HIGHLIGHTS

MAR 2025



## KIDS IN THE KITCHEN

Hosted by Seine River

The "Kids in the Kitchen" group in Seine River hosted a family & community feast for their final day of cooking with the CFI team. The kids prepared all the healthy recipes they've learned over the past 4 sessions and then served the food to everyone who attended. The kids also prepared an extra lasagna which was donated as a freezer meal to a family in need. It was a very fun and entertaining day, and the kids were all so proud of their work. Miigwech to Seine River for all the support which helped to make "Kids in the Kitchen" so successful!







# HEALTH & WELLNESS

SEPT 2023

## HIV/AIDS AWARENESS AND TESTING

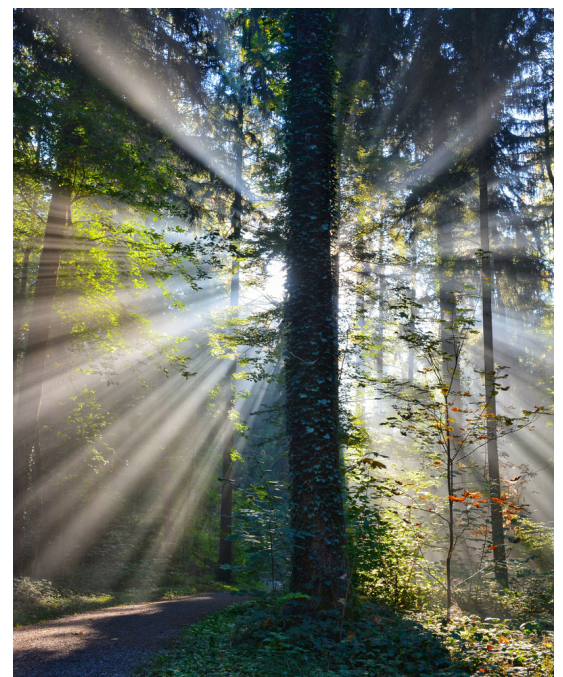
### HIV (Human Immunodeficiency Virus)

- Is a virus that attacks the immune system and the number of cases in our area are on the rise
- Over time, and without treatment HIV gradually destroys the body's defenses against diseases, leaving it vulnerable to infections
- With consistent lifelong treatment for HIV clients can live long and healthy lives as well as not spread the disease to others
- There are medications that can be taken if you are at high risk and may have been exposed to HIV that can prevent you from developing HIV
- HIV is the virus that causes AIDS (Acquired Immunodeficiency Syndrome)
- AIDS is the late stage of HIV infection and is the result of ongoing and progressive damage to the immune systems by HIV infection
- You can die from AIDS
- HIV is transmitted through bodily fluids and activities associated with transmission are unprotected anal or vaginal sex, sharing injection drug use equipment, an infected mother can transmit the virus to their unborn baby and to their child during child birth or breastfeeding, needle stick injuries, and tattoos and piercings done with contaminated equipment
- Testing is an important way to prevent spreading HIV as well as ensuring you are receiving appropriate treatment
- Other ways to prevent the spread of HIV include: practicing safer sex with condoms, practicing safer drug use by using new needles every time, ensuring new or sterilized equipment when getting tattoos or piercings and accessing pre or post exposure prophylaxis medication

## POINT OF CARE SCREENING

Our Community Health Nurses are now able to provide point of care screening for HIV to community members from the First Nation Communities serviced by Giishkaandago'lkwe Health Services.

If you are interested or have any other questions or concerns about HIV treatment and prevention please reach out to your Community Health Nurse or call us at 807-274-2042.





*Wisdom*

NIBWAAKAAWIN

# HEALTH & WELLNESS

SEPT 2023

## HEAD LICE

### WHAT IS HEAD LICE?

Head lice are small insects that live in human hair.

They need human blood to live and multiply, and can live up to 3 days off the human body and up to 30 days on a person's head.

Having head lice does not mean that you are not clean.

Nits are the "egg" stage of lice. They may look like dandruff but they cannot be flicked off- they are glued to the hair and cannot be washed out. Nits are small, white, and oval.

Nymphs are baby lice. They look like adult lice but smaller.

Adult lice are hard to see since they are about the size of a sesame seed and move quickly.

### DO KIDS HAVE TO STAY HOME?

School children with head lice should be treated and then attend school or childcare as usual.

### HOW DO THEY SPREAD?

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If you are interested or have any other questions or concerns about HIV treatment and prevention please reach out to your Community Health Nurse or call us at 807-274-2042.

### SYMPTOMS

Our Community Health Nurses are now able to provide point of care screening for HIV to community members from the First Nation Communities serviced by Giishkaandago'Ikwe Health Services.

If you are interested or have any other questions or concerns about HIV treatment and prevention please reach out to your Community Health Nurse or call us at 807-274-2042.

### DISINFECTING THE HOUSE

Because head lice do not live long off the scalp, there is no need for extra cleaning. You do need to get rid of lice or nits from items that touch the head like hats, pillowcases, combs and brushes. Wash items in hot water and dry them in a hot dryer for at least 15 min; or Store the items in an airtight plastic bag for 2 weeks. Use a Zip-Lock type bag that is airtight, or tape a garbage bag to tightly seal it.

### CHECKING FOR HEAD LICE

Look carefully through the hair for live lice and nits. Lice move fast and are hard to see so you may just see movement rather than the actual lice. Lice are usually found close to the scalp, at the bottom of the neck, and behind the ears. Looks for nits by parting hair in small sections with a pointed object that will not scratch the scalp.





# EMPLOYEE HIGHLIGHTS

SEPT 2023



## Meet Jody Maguire, Community Addictions RPN

Hello! My name is Jody Maguire and I am the Community Addictions RPN for Giishkaandago'lkwe Health Services. I have been with the organization for 4 years. I started as an RPN/Case Manager at Mino Ayaa Ta Win in 2019.

## Meet Nicole Sandelovich, Withdrawal Management Clinical Coordinator

Boozhoo, My name is Nicki Sandelovich, I am bear clan from Couchiching First Nation with ties to Manidoo Baa Witi Gong First Nation (Manitou). I have been employed by Giishkaandago'lkwe for over 4 years. I have had a few nursing roles within the organization but have spent the last 2.5 years at the Mino Ayaa Ta Win Healing Centre working as the Withdrawal Management Clinical Coordinator.



## Meet Jennifer Tkachyk, Program Assistant

Hi! My name is Jen Tkachyk. I was born and raised in Fort Frances, ON but spent 12 years living out west in Calgary, AB; I have been back in Fort Frances for almost 5 years. I started working with Giishkaandago'lkwe Health Services two and a half years ago as an Administrative Assistant and about a year and a half ago my role changed to Program Assistant.





# EMPLOYEE HIGHLIGHTS

SEPT 2023



## Meet Lori Allan, Custodian

Hi, my name is Lori Allan. I have been employed with Giishkaandago'Ikwe Health Services at MATW since October 14, 2022.

Teamwork divides the task  
and multiplies the success.  
Chi-Miigwech to all our  
employees!



*Bravery*  
ZOONGIDE'EWIN

# BEHAVIOURAL HEALTH SERVICES

SEPT 2023

## MENTAL HEALTH & WITHDRAWAL MANAGEMENT SERVICES

### SERVICES WE OFFER

#### **Withdrawal Management Services**

Provides medically supervised detox services with comprehensive case management and aftercare planning.

#### **Rapid Access Addiction Medicine**

We provide low barrier, easy access to addiction care in the form of medication, counselling and nursing to help support clients in the treatment of substance use disorder in your home communities.

#### **Residential Treatment Services**

The current all-male based treatment cycle (August 1 to August 28) will be continuing into this month.

### WE ARE HERE TO HELP

**Triaged Walk-in  
& Call-in Services**

**Call or Text  
8:30am - 4:30pm  
Monday to Thursday**

**8:30am - 4:00pm  
Fridays**



MENTAL HEALTH  
DIRECT LINE  
807-271-0212

YOU ARE NOT ALONE





*Bravery*  
ZOONGIDE'EWIN

# BEHAVIOURAL HEALTH SERVICES

SEPT 2023

SEPTEMBER 28 @ 6PM

## FULL MOON

& WOMEN'S SWEAT LODGE  
CEREMONY

**BHS: 601 KINGS HWY**

A TIME TO HONOUR GRANDMOTHER MOON, OURSELVES, AND THE ENTIRE FEMALE SIDE OF CREATION. IF YOU ARE NOT ABLE TO GATHER WITH OTHER WOMEN, YOU ARE ENCOURAGED TO SIT WITH GRANDMOTHER MOON INDEPENDENTLY.

Please bring a small feast dish, Asemaa (Tobacco), skirt, piece of Yellow Cloth (Offerings can be provided).

### FOR MORE DETAILS:

Call Carla: (807) 274-2042 ext 4249

Email Carla: [csutherland@fftahs.org](mailto:csutherland@fftahs.org)



**GIISHKAANDAGO'IKWE**  
— HEALTH SERVICES —

## Ninth Moon of Creation SEPTEMBER

Leaves Turning Moon is the time of retrospection, we look back to reflect on what we have learned. During this moon, we come to understand change. We bring our family back into the home, and we are thankful for the moons and what they have provided.

This moon is also known as the Corn Moon, Changing Colours Moon, Harvest Moon, Barley Moon, Rutting Moon, Yellow Leaf Moon, and well as many others





*Love*  
ZAAGI'IDIWIN

# CULTURAL CORNER

SEPT 2023

## LET'S PRACTICE ANISHINAABEMOWIN



### DAYS OF THE WEEK

ANAMA'E - GIIZHIGAD	SUNDAY
ISHKWAA ANA MA'E - GIIZHIGAD	MONDAY
NIIZHO - GIIZHIGAD	TUESDAY
AABITOOSE	WEDNESDAY
NHYOO - GIIZHIGAD	THURSDAY
NAANO - GIIZHIGAD	FRIDAY
GIZIBIIGISAGINIGE - GIIZHIGAD	SATURDAY

### MONTHS OF THE YEAR

GICHI MANIDOO-GIIZIS	JANUARY
NAMEBINI-GIIZIS	FEBRUARY
ONAABANI-GIIZIS	MARCH
ISKIGAMIZIGE-GIIZIS	APRIL
ZAAGIBAGAA-GIIZIS	MAY
ODE'IMINI-GIIZIS	JUNE
AABITA-NIIBINO-GIIZIS	JULY
MANOOMINIKWE	AUGUST
WAATEBAGAA-GIIZIS	SEPTEMBER
BINAAKWE-GIIZIS	OCTOBER
GASHKADINO-GIIZIS	NOVEMBER
MANIDOO-GIIZISOONS	DECEMBER



Love  
ZAAGI'IDIWIN

# CULTURAL CORNER

SEPT 2023

## MAZINABII'IGEDAA

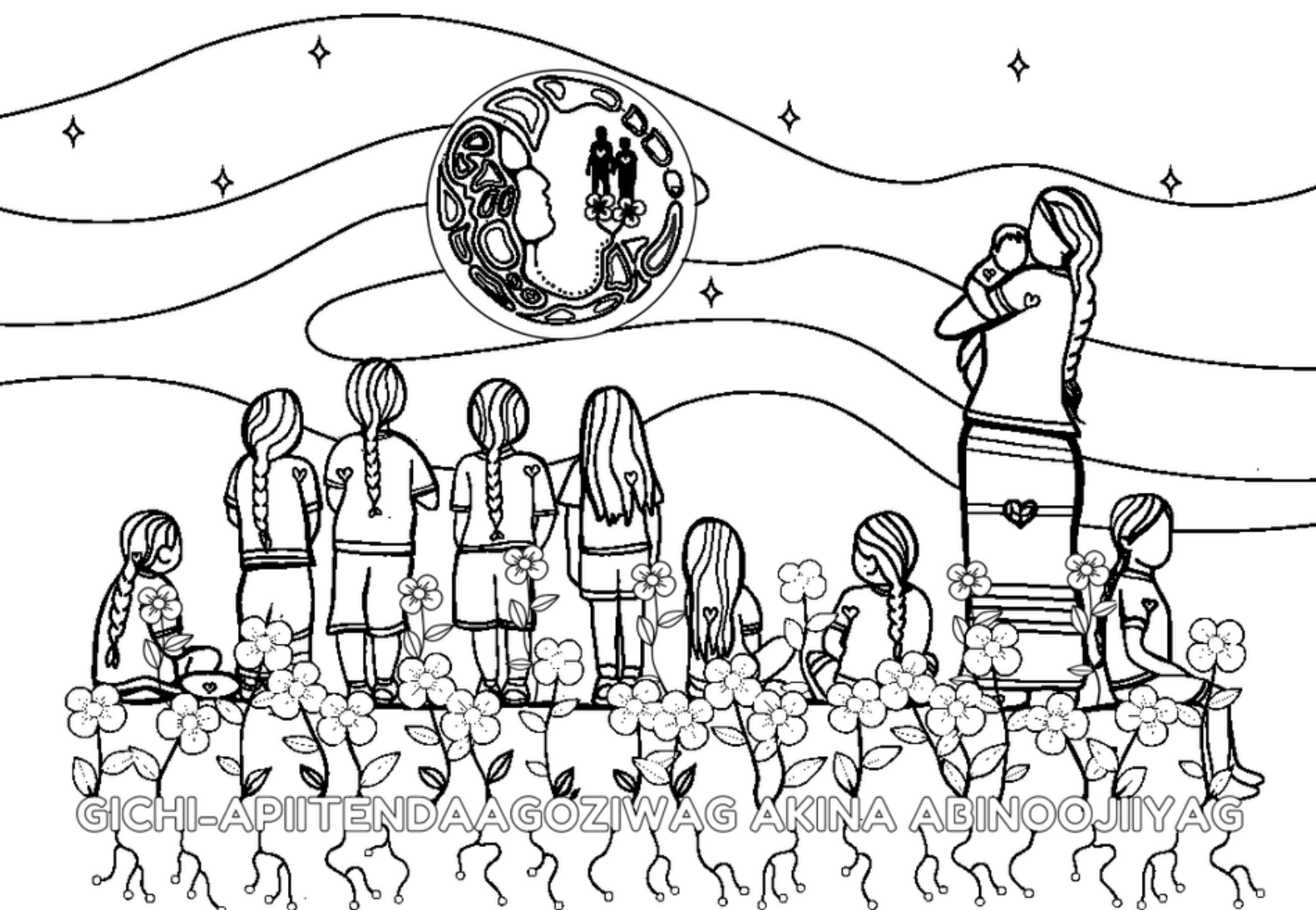


Illustration by Hawli Pichette  
More coloring pages at [www.urbanicku.com/coloring-pages](http://www.urbanicku.com/coloring-pages)

Anishnaabemowin version 1 - Every Child Matters

Orange Shirt Day - National Day For Truth and Reconciliation - September 30





*Love*  
ZAAGI'IDIWIN

# CULTURAL CORNER

SEPT 2023

## MAZINABII'IGEDAA



Illustration by Hanaill Pichette  
More coloring pages at [www.urbandiscover.com/coloring-pages](http://www.urbandiscover.com/coloring-pages)

Orange Shirt Day ~ National Day For Truth and Reconciliation - September 30





*Respect*  
MANAAJI'IDIWIN

# BOOK OF THE MONTH

SEPT 2023

## ORANGE SHIRT DAY SEPTEMBER 30TH

By Phyllis Webstad &  
the Orange Shirt Society

Revised 2023 Edition. Orange Shirt Day, observed annually on September 30th, is also known as the National Day for Truth and Reconciliation. It is an official day to honour Residential School Survivors and their families, and to remember the children who did not come home. What was initially envisioned as a way to keep the conversations going about all aspects of Residential Schools in Williams Lake and the Cariboo Region of British Columbia, Canada, has now expanded into a movement across Turtle Island and beyond. Orange Shirt Day: September 30th aims to create champions who will walk a path of reconciliation and promote the message that 'Every Child Matters.

This award-winning book explores a number of important topics including the historical, generational, and continual impacts of Residential Schools on Indigenous Peoples, the journey of the Orange Shirt Day movement, and how you can effectively participate in the National Day for Truth and Reconciliation. With end of chapter reflection questions and a series of student art submissions, readers are guided to explore how they, and others, view and participate in Residential School reconciliation.



### ABOUT THE AUTHOR

Written by Phyllis Webstad and the Orange Shirt Society. Phyllis Webstad (nee Jack) is Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation (Canoe Creek Indian Band). She comes from mixed Secwepemc and Irish/French heritage. She was born in Dog Creek and lives in Williams Lake, BC, Canada. Through sharing her personal Orange Shirt Story, Phyllis has inspired thousands of people to honour Residential School Survivors and their families and share the call on September 30th of each year that "EVERY CHILD MATTERS." Phyllis is well respected for her work, her courage and for striving to heal our communities and Nation through speaking her truth.



# IMPORTANT DATES / EVENTS

SEPTEMBER 4: LABOUR DAY (OFFICE CLOSURE)

SEPTEMBER 5: SWEAT LODGE CEREMONY @ BHS 6PM

SEPTEMBER 11: WOMEN'S HAND DRUMMING @

BHS 6-8PM

SEPTEMBER 12: MEN'S DRUMMING @ BHS 6-8PM

SEPTEMBER 19: SWEAT LODGE CEREMONY @ BHS 6PM

SEPTEMBER 25: WOMEN'S HAND DRUMMING @

BHS 6-8PM

SEPTEMBER 26: MEN'S DRUMMING @ BHS 6-8PM

SEPTEMBER 28: GAGIZHEBAA WIISINIDAA @ BHS 10AM

SEPTEMBER 28: FULL MOON & WOMEN'S SWEAT LODGE

CEREMONY @ BHS 6PM



For more support please contact:  
Giishkaandago'lkwe Health Services Mental  
Health Direct Phone Line:

(807) 271-0212

GCT3 IRS team: (807) 548-4214

GCT3 IRS additional crisis support:

(807) 464-0037

IRS Survivors Society: 1-800-721-0066

or reach out to your local regional health  
organization

for mental health supports.

***The schedule is subject to change.***

***To inquire about an event, please call  
(807) 274-2042, press 0.***







For the purpose of lifelong  
Mino Ayawin – Good Health

# CONTACT US

## LOCATIONS & HOURS

 (807) 274-2042

### Administration

1458 Idylwild Drive  
Mon. to Thurs. 8:00am–4:00pm  
Fri. 8:00am–3:30pm

### Home & Community Care

1460 Idylwild Drive  
Mon. to Thurs. 8:00am–4:00pm  
Fri. 8:00am–3:30pm

### Child's First Initiative

375 Scott Street  
Mon. to Thurs. 8:00am–4:00pm  
Fri. 8:00am–3:30pm

### Diabetes & Foot Care

540 Kings Hwy (Units E)  
Mon. to Thurs. 8:00am–4:00pm  
Friday 8:00am–3:30pm

### Children's Oral Health Initiative

540 Kings Hwy (Units D)  
Mon. to Thurs. 8:00am–4:00pm  
Friday 8:00am–3:30pm

### Community Health

540 Kings Hwy (Units D & F)  
Mon. to Thurs. 8:00am–4:00pm  
Friday 8:00am–3:30pm

### Behavioural Health Services

601 Kings Highway  
Mon. to Thurs. 8:30am–4:30pm  
Fri. 8:30am–4:00pm

### Mino Ayaa Ta Win Healing Centre

Fire#1107 Highway 11  
Mishkiki Miikaan Road  
Mon. to Fri. 8:00am–4:00pm



## JOIN OUR TEAM

At Giishkaandago'lkwe Health Services our competitive compensation, work schedule, opportunities for training and development, and our benefit plans (including extended health, dental, pension, and generous vacation) provide our employees with an incredible work life balance. For current postings and details on how to apply visit:  
[www.fftahs.com/careers](http://www.fftahs.com/careers)



To find our Newsletters and more on our website, [www.fftahs.com](http://www.fftahs.com) scan the QR Code. To request a copy of the Newsletter by mail or e-mail, please call (807) 274-2042.



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Scan the QR Code or go to [www.facebook.com/fftahs](http://www.facebook.com/fftahs)

